



Parents of Physical Education Students:

Our Physical Education Department will be testing your child on the health components of fitness. We strive to help students understand the health components of fitness, how they are being assessed, and then how to use their personal information to develop a lifelong fitness program that they enjoy.

Pinellas County Schools uses FitnessGram protocols to test the five health components of fitness: aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility.

- Aerobic capacity/cardiovascular endurance tests include the Pacer test.
- Body composition is determined by Body Mass Index (BMI). The BMI is a calculation of the ratio of weight to height. Pinellas County Schools will use this method. Weighing and measuring will be done discreetly during class.
- Muscular endurance is measured by using the curl up which measures abdominal strength and endurance, and the trunk lift which measures strength and flexibility. Muscular strength is tested by push-ups.
- Flexibility is measured by the sit and reach test.

Each test measures minimal fitness and compares the student's score to the healthy fitness zone for their age and gender. The test also gives the student pointers on how to either improve or maintain their fitness level. It is our goal to help students make good choices in their fitness activities so that they can live a long, healthy life.

Students' fitness results will be made available for all parents. Resources to assist parents with additional information may be found on the PCS website under: Parents and Students/ Safety and Wellness/Wellness/ FitnessGram.

If, for any reason you prefer that your child not be tested, or have any questions/concerns, please contact your child's physical education teacher.

Sincerely,

Physical Education Department
Pinellas County Schools